

(TMI Focus, Vol. XXX, Nos. 3 & 4, Summer/Fall 2008)

MOON MEDITATION TO RELIEVE ECONOMIC STRESS

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After returning from *The Icelandic Dialogues: Healing the Healers* conference, I watched the Icelandic króna (ISK) tumble from \$1US = 97 ISK in September to \$1US = 228 ISK on October 22 as the United States financial system dragged the global economy into the abyss. There was an atmosphere of anxiety—bordering on panic—from those who felt their lives had been thrown into turmoil. They didn't know whether or not they'd be able to pay for basic living expenses, particularly when the financial crisis had destroyed their old age savings.

Then, one night I was looking at the moon and reflected that everyone on the earth who could see the sky could also see the very same moon. That's not a novel idea. But I decided that whenever I saw the moon I would send good energies out to the "collective unconscious" (as Jung called it) and hope to create a positive ripple effect.

Perhaps meditating in that way would have a calming effect on those who are frightened by the financial uncertainties they are facing and help others work toward a sense of safety in their lives. Feeling unsafe takes a tremendous toll physically, emotionally, and spiritually—not only on individuals—but also on everyone who comes into contact with them.

Please share the moon's light through your good thoughts if this idea appeals to you. Each small act of "belief in good" will ripple out to create gentle waves of internal comfort for ourselves and others.

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